

7 What is a sternal rub?

A sternal rub is a method used to tell if compressions are needed. Use your pointer finger knuckle and place it high on the person's sternum about 2 inches below the notch; push hard and rub hard. It is painful and if someone doesn't respond to this pain by groaning, moving, opening their eyes, etc., you should start chest compressions. Try it on yourself to see that it really does hurt!

8 How do I know when to start chest compressions?

If a person suddenly collapses or is found unresponsive, first shake them and see if they respond. See if they are breathing normally. Struggling to breathe or gasping is not a sign of recovery! Initiate and continue chest compressions even if patient gasps. If they are not responsive to shaking or breathing normally do a sternal rub. If they don't respond to a sternal rub start chest compressions.

PART 3: STUDENT PRACTICE (length of time depends on size of class)

Briefly cover all of the following:

- Where to place hands
- How to hold arms
- How fast and how deep compressions should be
- Changing team members when tired

NOTE: FOR CASES OF NEAR DROWNING, DRUG OVERDOSE OR UNRESPONSIVENESS IN YOUNG CHILDREN (AGE 8 OR UNDER), FOLLOW CONVENTIONAL CPR (2 MOUTH-TO-MOUTH VENTILATIONS FOLLOWED BY 30 CHEST COMPRESSIONS). HOWEVER, EVEN IN THOSE CASES, COMPRESSION-ONLY CPR IS BETTER THAN DOING NOTHING.

PART 4: CARDIAC ARREST AND CHEST COMPRESSION CHECKLIST

- 1 Assess the patient – Conscious? NO Breathing Normally? NO
- 2 Respond to Sternal Rub? NO

Start chest compressions while shouting **"You, call 911 and someone bring an AED if there is one here."**

Continue chest compressions until AED or emergency medical people arrive.

REMEMBER: **At all times** someone is either performing **chest compressions** or doing what an **AED** is instructing them to do.

Information about purchasing a PocketCPR® can be found at www.pocketcpr.com or by contacting PocketCPR® Customer Service at 800-225-1310 or direct at 401-729-1400.

Prepared for SHARE School Program By Lani Clark

Your Hands Their Heart

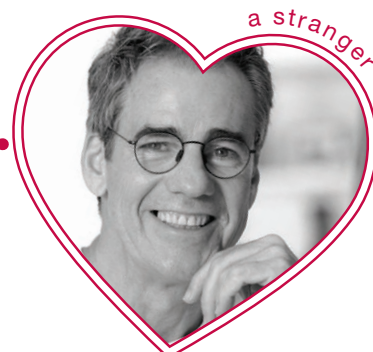
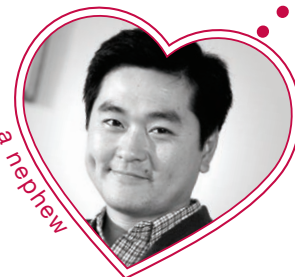
Continuous Chest Compression CPR

Easy Steps For Using This Kit In Your School

- 1 View 9 minute video.
- 2 Turn on PocketCPR® (included in kit). Practice with the PocketCPR® on the vinyl torso (included) on a dense, thick pillow (not included) or on a CPR training manikin if available. NOTE: You should hear the voice message "Good Compressions" from the PocketCPR® after a short time pushing. If the PocketCPR® continues to say "Push Harder" no matter how hard you are pushing down, choose a denser pillow.
- 3 Allow time for practice with the PocketCPR® following the video showing and your demonstration. Use SCHOOL TRAINING CURRICULUM (next pages) and Circulation Journal article for help with answering questions.
- 4 Encourage all trainees to teach their families and friends how to do CCC-CPR. Once this method is learned correctly using the PocketCPR®, families and friends can be trained using just a pillow or manikin.
- 5 Log on to www.azshare.gov to record numbers of people trained and provide any feedback. Click on "Info for Schools."

It's That Easy!

Thank You for Helping Save Lives in Arizona!





Arizona SHARE School Training Curriculum

PART 1: VIDEO (9 minutes)

PART 2: QUESTIONS AND CLARIFICATION (10 minutes)

There is no need to recite the following. The information is provided for your use in clarification and answering questions.

1 What is cardiac arrest?

Simply stated, cardiac arrest is when the heart is no longer pumping blood through the body. The victim is unconscious, not breathing and has no pulse. If not immediately helped the victim will most probably die. **More than 400,000 people die every year because they suffered a cardiac arrest outside of the hospital.**

Cardiac arrest and heart attack are not the same thing. A heart attack can cause a cardiac arrest, but there are other causes. A cardiac arrest can happen to anyone, any age, with or without medical problems and often without any symptoms. What you need to remember is that regardless of what caused the cardiac arrest or how old the person is—good skills and rapid treatment are the keys to survival. For every minute that passes after a victim suffers a cardiac arrest their chances of survival decrease by about 10%. At 10 minutes after collapse they have a minimal chance of surviving. So, do whatever you can do as fast as you can do it!

The American Heart Association has simplified this urgency into the **CHAIN OF SURVIVAL**, endorsing compression only CPR (CCC-CPR) for non-medical people in March 2008:

- Early Access CALL 911**
- Early CCC-CPR START CHEST COMPRESSIONS**
- Early Defibrillation USE AN AED**
- Early Advanced Care PARAMEDICS**

In most cases, paramedics just can't respond and arrive at the patient's side quickly enough for the patient's sake. YOU are a vital link in this chain of survival.



2 Why no mouth to mouth breathing?

When a person collapses in sudden cardiac arrest they have oxygen in their lungs, blood and airway but it does them no good because their heart is not pumping and the blood is not being circulated. **YOUR HANDS ARE THEIR HEART** during this time—you pump and circulate the blood to their brain where they need it. Breathing in their mouth is not necessary and can actually cause problems by causing them to vomit and keeping the blood from circulating successfully.

3 What is an AED?

An Automated External Defibrillator (AED) is a smart machine designed to detect whether a cardiac arrest victim would benefit from a defibrillation shock and to instruct the operator to perform all facets of treating the victim until paramedics arrive. An AED is simple and safe to use. If you have an AED at your school you may want to take the simple training in how to use it.

The heart is much like any other highly efficient machine—it has an electrical system that tells the heart to pump and a mechanical system that responds by pumping. The AED is designed to analyze the heart rhythm and allow a shock delivered to those patients whose electrical system is malfunctioning in a rhythm called ventricular fibrillation. This rhythm is a chaotic quivering of the heart and is the most frequent rhythm in a cardiac arrest. By delivering a shock this chaos is stopped so the heart's natural pacemaker can resume a regular rhythm, once again pumping blood around the body. Successful defibrillation diminishes rapidly over time. If the victim is not in ventricular fibrillation the AED will instruct you to perform CPR. The AED instructs you every step of the way.

4 What is the liability?

Any person who tries to help a cardiac arrest victim is protected against liability under the Good Samaritan Law that exists in every state. In Arizona it is Arizona Revised Statute (ARS) 36-2263.

5 How hard do I push when doing chest compressions?

Envision what you are trying to accomplish—compressing the heart between the spine and the sternum so the blood will circulate and letting the pressure off the chest after the compression to let the heart refill with blood. Push hard enough for this to happen, about 2 inches deep. How hard you push also depends on the person's body size. The PocketCPR® device in your kit will help you get the feel of how hard and how fast to pump on the chest.

6 Do I need a manikin to learn?

No, if no manikin is available you can use a pillow to practice and teach your family and friends. Make sure it is a thick pillow that is not too soft, like a toss pillow on a sofa. The PocketCPR® training aid can be used but you can practice and demonstrate with just a pillow once you know how.

